

REPRODUCTIVE HEALTH - PROBLEMS AND STRATEGIES

- India was one of the first countries globally to start national action plans and programs.
- These programs, known as 'family planning,' began in 1951.

RCH - Reproductive and Child Health Care Programmes:

Nowadays, there are better programs that cover a broader range of reproduction-related areas, and they go by the name 'Reproductive and Child Health Care (RCH) programs.'

Major tasks under RCH:

- Making people aware.
- Building support for creating a society that is reproductively healthy.

Various steps to create to Awareness –

- Government and non-governmental agencies use audio-visual and print media to help spread information.
- Parents, close relatives, teachers, and friends play a crucial role in sharing this information.
- Schools now include sex education, covering topics like reproductive organs, adolescence changes, safe sexual practices, STDs, AIDS, etc.
- People, especially those in their fertile years and those ready for marriage, receive education on birth control options, caring for pregnant mothers, post-natal care, the importance of breastfeeding, and ensuring equal opportunities for both male and female children.
- There's also awareness about issues arising from uncontrolled population growth and social problems like sexual abuse and crimes.

Better awareness about sex related matters, increased -

- More medical assistance during deliveries and improved care after childbirth are lowering the rates of mothers and infants passing away.
- More couples are having smaller families.
- There's better detection and treatment for sexually transmitted diseases (STDs).
- In general, there are more medical facilities available for all sex-related issues, showing an overall improvement in the reproductive health of society.

Successful implementation of various action plans to attain reproductive health requires -

- Strong infrastructural facilities
- professional expertise
- material support.
- These are essential to provide medical assistance

Better awareness about sex related matters, increased –

- More help during childbirth and improved care afterward have reduced the number of mothers and infants dying.
- There are more couples choosing to have smaller families.
- We're better at finding and treating sexually transmitted diseases (STDs).
- Overall, there are more medical services available for all kinds of sex-related issues, showing that society's reproductive health has improved.

Successful implementation of various action plans to attain reproductive health requires –

- Good facilities, expert professionals, and necessary resources are crucial for giving medical help.
- Providing care for people dealing with reproduction-related issues such as pregnancy, delivery, STDs, abortions, contraception, menstrual problems, and infertility requires these essentials.
- It's important to keep adopting improved techniques and new strategies to offer more effective care and assistance to people.
- Things like extensive child immunization are also part of this care.
- Research in different reproduction-related areas is encouraged and supported by both government and non-government organizations to discover new methods or enhance existing ones.

Amniocentesis

Amniocentesis is a test to determine the sex of the fetus by studying the chromosomes in the amniotic fluid around the developing embryo.

Saheli

Saheli is a recent oral contraceptive for females. Scientists at the Central Drug Research Institute (CDRI) in Lucknow, India, created it.